

# ADR LUNCHTIME SERIES

## Guest Speaker: Michael Lang

*Mediator, Author, and International Leader  
in Reflective Practice for Conflict Resolution*

*When addressing 'What is Reflective Practice?' we want to do our best. Excellence in conflict competency does not require perfection, but it does require more than mere practice. It involves looking introspectively, learning from errors, and listening to others. By discussing the following, we offer a foundation to become conflict competent.*

*What is Reflective Practice, and why might it be important for me?  
How do I know I am doing the best I can?  
The use of reflective practice groups to learn from difficult or unsettling practice experiences or from surprising successes.  
The powerful effect of a non-judgmental process (Reflective Debrief) for learning from practice situations.*

*In real time, the speaker will demonstrate how reflective conversations can help you deal with challenging circumstances, troubling 'afterthoughts', and puzzling or disturbing reactions.*

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**May 19, 2022**

**12:00 - 1:30 pm ET**

**To listen only:**

**Call 1-415-527-5035**

**Access code: 2761 320 6816**

Press # to disregard Attendee ID prompt

Email questions for the speaker to

[ADROffice@hq.doe.gov](mailto:ADROffice@hq.doe.gov)

**To attend via WebEx:**

<http://doe.webex.com>

**Meeting Number: 2761 320 6816**

**Password, if prompted: ADRO**

"I will call in" option for audio provides the best reception.

[Click here for a direct link](#)

### An adage from our speaker:

"People believe practice makes perfect, but it doesn't. If you're making a tremendous amount of mistakes, all you're doing is deeply ingraining the same mistakes." -Jillian Michaels

**Before the presentation, you can familiarize with the speaker and his written work on Reflective Practice by exploring [www.thereflectivepractitioner.com](http://www.thereflectivepractitioner.com).**

*Presented by [the Department of Energy's ADR Office](#) on behalf of the Interagency ADR Working Group Workplace Conflict Management Section*

*If you plan to attend and need a special accommodation, please contact [adam.curfman@hq.doe.gov](mailto:adam.curfman@hq.doe.gov) no later than May 5, 2022.*

*Subject to the speaker's agreement, a recording of the program will be available at [www.energy.gov/adr](http://www.energy.gov/adr) within a few weeks.*

*For a copy of the slides, please email [ADROffice@hq.doe.gov](mailto:ADROffice@hq.doe.gov) after the presentation.*